DIARY DATES

**Thurs 26 Feb**  
Yrs 2, 3 & 4 Parent Info Session on the 1:1 program at 7pm in the Yr 6 rooms.

**Fri 27 Feb**  
Payment Plan #1 Instalment due today  
Yr 6 Interschool Sports  
Yrs 3 & 4 Swimming Program at PARCS  
Prep Welcome Picnic 6pm  
Nominations close 4pm for School Council Elections

**Mon 2 Mar**  
Yr 6 Camp Coonawarra 8.45am  
Yrs 3 - 6 District Swimming Carnival (selected students only)  
Junior School Assembly 2.55pm

**Tues 3 Mar**  
Yr 6 Camp Coonawarra  
Yr 2 Swimming Program at PARCS  
Yr 5D & 5C (9 students) excursion to VSSEL 8am - approx 4.00pm

**Wed 4 Mar**  
Yr 6 Camp Coonawarra  
Prep Testing (No Preps at school today)  
Yr 2 Swimming Program at PARCS  
Yr 5B & 5C (9 students) excursion to VSSEL 8am - approx 4.00pm

**Thur 5 Mar**  
Yr 6 Camp Coonawarra  
Yr 2 Swimming Program at PARCS  
Yr 5A and 5C (9 students) excursion to VSSEL 8am - approx 4.00pm

**Fri 6 Mar**  
Yr 6 Camp Coonawarra returns 3.30pm  
Yr 2 Swimming Program at PARCS

**Mon 9 Mar**  
Labour Day Public Holiday

**Tues 10 Mar**  
Preps start full time this week  
Yr 2 Swimming Program at PARCS  
Prep & Yr 6 Incursion - The Cosmodome

**Wed 11 Mar**  
Division Swimming at Caulfield (selected Yrs 3 - 6 students)  
Yr 2 Swimming Program at PARCS

**Thur 12 Mar**  
Yr 2 Swimming Program at PARCS

**Fri 13 Mar**  
Yr 6 Summer Sport Lightning Premiership  
Yr 2 Swimming Program at PARCS  
Yr 5 Bike Ride to Bicentennial Park 9am

**Mon 16 Mar**  
Planning Week - No Assembly  
Yrs 5/6 Swimming Program at PARCS

**Tues 17 Mar**  
Yrs 5/6 Swimming Program at PARCS  
Yr 2 Sport Coach Approach Incursion

**Wed 18th Mar**  
Yrs 5/6 Swimming Program at PARCS  
Yrs 3/4 Sport Coach Approach Incursion  
Hot Cross Buns Orders due today

**Thur 19th Mar**  
School Photos

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**PRINCIPAL’S REPORT**

**STAFFING**

I will be absent from school most of next week as I will be attending a Jim Collins seminar as well as attending the Peninsula and Kingston Principals’ Conference.

Paul Clohesy will be Acting Principal in my absence.

**SCHOOL COUNCIL ELECTIONS**

Nomination forms are available from the office for parents who wish to nominate for 4 parent vacancies. Nominations close tomorrow at 4.00pm Friday 27 February.

**1:1 INFORMATION SESSION**

The school is hosting an 1:1 Information Session for parents of students in Years 2-4 at 7.00pm tonight in the Year 6 rooms.

**YEAR 6 CAMP**

Our Year 6 students travel to Camp Coonawarra on Monday. The long term forecast suggests a week of great weather.

**R@ADIO CREW CAPTAINS**

Congratulations to the following students:

P@tte R@dio Crew Captains - Maddie V and Molly S  
Live show Playlist and Script - Holly P and Beth R  
Hot Seat - Ellie C and Eliza D  
Advertising - Bronte T and Sami S  
Head Desk Jockey and Training supervisor - Nathan A

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**STUDENT OF THE WEEK AWARDS**

Congratulations to the following students who won our ‘Student of the Week’ awards for Week 5 of this term.

Students will receive their certificates at their next assembly. Keep up the fantastic work everyone!

Prep A – Amy H for always contributing great ideas during our literacy sessions.  
Prep B – Audrey D for showing excellence with her Maths work on patterns and settling into school wonderfully.  
Prep C – Kyen L for staying focused during writing tasks.  
Prep D – Alexander S for settling into Prep so well and making our classroom a happy place with his beautiful smile and caring nature.

1A – Charli M for being such a kind and caring classmate in the playground.  
1B – Diba R for always having a great attitude to all areas of her school work.  
1C – Cooper S for listening and making a super effort to improve all aspects of his learning.  
1D – Alannah M for making great contributions to classroom discussions.
STUDENT OF THE WEEK AWARD cont.

1/2Z – Oscar H for always putting in a fantastic effort with his class work.

2A – Aden S for showing great listening skills during our excursion to the Botanic Gardens.

2B – Tahila P for being a very enthusiastic and conscientious student.

2C – Abbie C for assisting another class member to write a letter to their buddy.

2D – Jack O for being a friendly classmate and a persistent learner.

3A – Charlize H for always having a bright and happy attitude, and showing kindness and compassion to others.

3B – Darby B for being a happy and helpful member of the class. You have had a wonderful start to Year 3.

3C – Roisin D for having a great positive attitude towards school and her work.

3D – Angelique G for her excellent report writing on the school swimming program.

3/4Z – Mason S for being an enthusiastic participant in Mathematics.

4A – Eden T for approaching all school activities with enthusiasm and positivity.

4B – Andrew D for displaying a fantastic attitude towards all areas of school.

4C – Holly B for focusing on her reading goal by collecting evidence of her thinking.

5A – Nirav N for taking a mature approach to our Independent Reading sessions and thinking critically about your book.

5B – Ty L for being a responsible and hardworking member of 5B.

5C – Nikita D for being an awesome waste warrior and teaching his peers how to be environmentally friendly.

5D – Isabelle E for proving to be a responsible and intuitive Class Captain.

6A – Hannah V for her organisation and leadership in both school and class activities.

6B – Marley B for being conscientious during Maths activities, helping others and striving to do his best.

6C – Deegan V for demonstrating independence during writing sessions and producing quality work.

6D – Star H for being helpful and hardworking.

SPECIALIST CLASS AWARDS for last week were: Art – 6B, P.E – 6B, Music – 4A, Italian – 3D and Computers – 4B.

Congratulations to these classes on their super efforts with our specialist teachers.

SCHOOL PHOTOS

Our school photo day will be held on Thursday, 19th March. Individualised order forms will be distributed as soon as they arrive from the photo company, School Pix.
HEAD LICE

- LET’S FIGHT THEM TOGETHER ......

If you find lice, do not worry or be embarrassed. Head lice are a normal part of childhood - nearly 1 in 10 primary school children could have head lice at any one time.

Most of us know what a hassle it is to treat head lice and just how frustrating it can be when your child comes home scratching their head yet again.

But parents can fight the spread of head lice by working together:

Check your family’s hair for lice regularly - once a week is ideal!

YEAR 2 SWIMMING PROGRAM AT PARCS

Our Yr 2 students commence the beginning of their 2 week swimming program at PARCS on Tuesday 3rd March 2015 and will run from Tuesday to Friday inclusive for two consecutive weeks.

Below is a table of swimming times for the Year 2 Swimming Program at PARCS.

Please note times may change without notice.

<table>
<thead>
<tr>
<th>GRADES</th>
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MUNCH MONITOR ONLINE LUNCH ORDERS

Lunch Orders are available online on Monday, Thursday and Friday.

How do I set up an account to order online:

Go to: www.munchmonitor.com

Click LOGIN then REGISTER

Enter School Id: plps and Password: munch3197

Then follow the 4 easy steps to create your account:

STEP 1: Create a Parent Profile by entering information about yourself.

STEP 2: Add your Students to your account.

STEP3: Transfer money to your account by clicking the Account Top-up button

STEP4: Click MY ORDERS and you’re ready to Order lunches!

WORLDS GREATEST SHAVE

Charli B (5C) and Emma H (5C) are participating in the World’s Greatest Shave/Colour on Thursday the 12th March.

Get behind the girls and help them reach their target while supporting a great cause.

You can sponsor them by heading to the World’s Greatest Shave website and sponsoring their team, ‘Chema’ being a mix of Charli and Emma.

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But parents can fight the spread of head lice by working together:

Check your family’s hair for lice regularly - once a week is ideal!
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Contact No: ________________________________

Students Full Name: ________________________________

Class: ________________________________

Remember to ask family and friends if they would like to order some too.

Simply fill in the details below and select how many and which Hot Cross Buns you would like to order, bring your order form together with full payment back to school by 18th March 2023.

For every 6 pack of Hot Cross Buns you order, Bakers Delight Patterson Lakes will give $2 to our school club.

School/club. The more buns you purchase the more profit you make.

For Easter 2015

HOT CROSS BUN ORDER FORM

To: Shop 16 Lakeview Shopping Centre Patterson Lakes

We're For Real.

Bakers Delight
Easter Raffle Tickets have already been sent home with students. There are 20 tickets in a book and Raffle Tickets are $1.00 each. Please see the front office if you require more books.

Easter Bonnet Parade & Raffle
Thursday March 26th

The Easter raffle will be drawn on Thursday March 26th at the Easter Bonnet Parade.

Tickets on sale for $1.00 Additional ticket books are available from the office.

Patterson Lakes Primary School

Easter Raffle

In order for our Easter Raffle to be as big a success as last year we are asking families for donations of Easter Eggs and Baskets. The more eggs we get, the more baskets we make up and of course the better chance you have of winning one. All donations can be given to your classroom teacher.
Prep Families Welcome Picnic

Please come along and make this evening a success for all!

It is an opportunity for parents to connect and for children to meet outside of school hours.

A perfect way to meet the rest of your Prep class!

When: Friday 27th February 2015
Time: 6pm
Where: Patterson Lakes Primary School
BYO everything!

We will be sitting in Prep Classes so look for your section at the front of the school.

Prep A on the hill (Coles end)
Prep B on the hill (school hall end).
Prep C on the front grass (courtyard end).
Prep D on the front grass (front gate end).

(We will TiqBiz a reminder and let you know if it is cancelled due to bad weather, etc)
$30 SEASONAL ORGANIC VEGETABLE BOXES

Parents within our school community have established a local co-op to purchase organic produce direct from a local farmer. The co-op is expanding and opens to new families interested in joining.

Please read the following document for further information.

SEASONAL ORGANIC VEGETABLE BOXES

What is a co-op?
Organic Patto Parents Co-op is a group who voluntarily work together to provide its member families organic produce at the lowest possible cost. We source our vegetable boxes from a local certified organic farmer.

Why buy local, seasonal, certified organic produce??
Your food will not have travelled as far to reach your plate, so it will be fresher and stay fresher for longer. It benefits your health and our environment because no synthetic chemicals, pesticides or GMO’s are used.

Buying produce in season is important. Out-of-season foods (eg. tomatoes in winter) have been grown in artificial conditions, or grown far away, picked prematurely and transported long distances to get to your shop. When we eat foods out of season, we miss out on eating food at its prime - when it tastes best and has a higher nutritional value. We also miss out on eating a varied diet - when you eat seasonally, you break out of the rut of buying the same fruit and vegetables all year round. You learn to get excited and celebrate every time a new food comes into season! Food in season is also cheaper as it is usually plentiful and fewer resources have gone into growing it.

How much does it cost?
$30 a box. There is no joining/membership fee.

What’s included in the box???
Mainly seasonal fresh vegetables. The boxes are packed directly by the farmer with much of the produce being sourced directly from their own farms. Examples of past boxes.

7 November 2014

13 February 2015

What if I don’t like something or want something different?
The boxes are standard and you are unable to pick and choose items as this would increase the cost.

Can I get fruit?
Depending on availability, the co-op may buy fruit in bulk with the cost shared amongst those who want.

How does it work?
Boxes are pre-ordered by 4pm Wednesday and available for collection at 3:30pm Fridays, outside the school hall. After an initial trial box, members commit to either a weekly or fortnightly box for the duration of a school term.

How do I pay?
Paying CASH at collection keeps it simple and managing the orders less time consuming. You may also pre-pay.

My family/friend would be interested in ordering a box.
Boxes are available for everyone and members may purchase multiple boxes to distribute.

How do I order?
Contact us by email with your name, details, and child’s name/grade.

For more information email us at: organic.patto.parents.coop@gmail.com
We currently have 600 users registered on Tiqbiz since the launch of our school’s Tiqbiz app, showing even more so that it’s certainly proving to be a valuable communication tool for our school.

If you haven’t downloaded the school app yet and wish to do so, please follow the simple instructions below. Should you require any assistance you can contact Tiqbiz direct on 9800 1489 or contact Rachael Grady at the school on 9772 4011.

---

**We have a school app**

We are now using an app to send instant messages, newsletters and notices.

The tiqbiz app will help our school keep parents fully informed and up-to-date with newsletters, notices, news and events. It’s easy to use and also has the benefit of helping reduce our paper consumption by printing less.

The first step is to download tiqbiz to your phone, tablet, computer... or all of them.

**Search for: tiqbiz**

- **Available on the App Store** iPhone and iPad
  - Important: Click ‘allow’ notifications when asked. This is to allow your school to send you important alert notices.

- **Android App on Google play** Android smartphone and tablet.

- **www.tiqbiz.com** Windows & Mac computers.

Once installed, follow the steps on the next page to tick on our school.

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**Find and tick our school**

**Log-in**

Open tiqbiz and register/log-in.

**Find our school**

Click the ‘Find’ icon and type our school name into the search bar. You will now see all of our school boxes.

**Tick on**

Click on the grey tick beside our school box and any other boxes that apply to you. When the tick turns green, you’re connected.

**Inbox**

Click on the Inbox icon. This is where you will receive our instant messages, newsletters, notices and calendar events.

**Technical Support 9am-5pm Mon-Fri**

- **Victoria** (03) 9800 1489
- **New South Wales** (02) 8091 6826
- **Queensland** (07) 5641 4565
- **Email** team@tiqbiz.com

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www.tiqbiz.com
5 mental health habits to promote in kids

Kids who are mentally healthy are equipped to handle many of life’s curve balls that come their way. They also don’t let their emotions overwhelm them. As a result, they learn better and have more friends as well.

It seems strange to talk about promoting good mental health in children.

Shouldn’t all children naturally have good mental health habits? After all, childhood is supposed to be a pretty relaxed time of life, free from the pressures and stresses that can come with adulthood.

Sadly, it doesn’t seem that way. According to the Australian Psychological Society one in seven Australian children experience some type of mental health issue, with ADHD, anxiety and depression being the most common kind.

Having good mental health doesn’t mean that kids don’t experience difficulties or worries. Feeling worried, sad or fearful is normal. Kids who are mentally healthy are equipped to handle many of life’s curve balls that come their way. They also don’t let their emotions overwhelm them. As a result, they learn better and have more friends as well.

As a parent it’s useful to reflect on the mental health habits that you promote in your kids. Here are five basic mental health habits that you can consider right now:

1. **Sleep**: Sleep is one of the building blocks of mental health and well-being. Many children and just about all teenagers are sleep-deprived at the moment. Many parents are sleep-deprived as well!!!! Children need between 10 and 12 hours sleep to enable proper growth and development, while teenagers need a minimum of nine hours. One of the single, most powerful strategies to improve kids’ ability to cope with stressful or changing situations is to ensure they get enough sleep.

2. **Exercise**: When my mum told me all those years ago to turn the television off and go outside and play she didn’t know that she was promoting good mental health. She just knew that physical activity was a good thing for an active, growing boy. Kids today get less exercise than those of past generations, which is an impediment to mental health. Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day. An hour’s movement per day seems the minimum for kids. **How much exercise does your child receive?**

3. **Help others**: Social isolation is a huge predictor of poor mental health. Encourage your child to be connected to others and to help others in any way possible. Helping others reinforces social connectedness and the importance of being part of a community, as well as providing opportunities for positive recognition.

4. **Talk**: A problem shared is a problem halved! Talking about what’s worrying you is a great way to remove the burden of worry and reduce anxiousness. Some kids bottle up what’s inside, while others will catastrophise a situation, which can make matters seem worse. If your child or young person has a problem let him know that his concerns are important to you. Kids often can’t tell you what may be wrong, so be observant and gently ask questions to help you get a clearer picture of how they may be feeling.

5. **Relaxation**: Make sure your child or young person has a hobby or activity that relaxes them. The ability to relax and get away from the stresses of everyday life is essential. Some children who have real difficulty switching-off may benefit from practising meditation or mindfulness, but most kids just need to have the time to chill out, and they’ll relax quite naturally.

These five habits are basic common sense. However, as kids’ lives get busier these essentials get squeezed out. Here’s my recommendation to ensure that mental health habits don’t get overlooked or neglected.

First, see these habits as the building blocks of mental health. Don’t ignore them or trivialise them. Talk to your children and tie these activities to their mental health but do so in your own way and in your own timeframe.

Second, assess which of these five essential habits need your attention and make some adjustments over time to push the pendulum back, if necessary, in favour of your child’s mental health.
Come and support Talryn R (5D) doing her Pyramid Ski with her Ski Show Team !!!

The Best Show Skiers of the Country will come together for One Show

Friday 27th February 2015 at 6:00pm

At National Water Sport Centre, Bangholme.

Bring along the picnic rug for a specular show of Waterfront events aimed to thrill the entire family!!

As part of the 2015 Show Ski Nationals Southern Waters Ski Show Team will also be hosting a competition which will be held over two days at the National Water Sport Centre, Bangholme (27th & 28th February). The competition includes each team from the country putting on a performance in addition to swivel & jump focused tournaments.

For more information please contact Bethany Campbell on 0433 417 383 or Bethany.k@hotmail.com.

HOSTED BY www.swsst.com
Chelsea Yacht Club - A Great Club To Join
Long Beach Sail Training Centre. Open for sailing on Saturdays 8.30am until late. For details contact Colin on 0431 835 813 for www.chelseayachtclub.com.au

5th Annual IMF Classic Car Day
Sunday 15th March from 10am - 3pm. Bicentennial Park, Scotch Parade, Chelsea $20 per class car and general entry is a gold coin donation. Visit www.isabellaandmarcusfund.or.au for further details.

2015 Australian Ski Show Nationals - Free Entry
The best show skiers come together for one show, Fri 27th Feb at the National Water Sports Centre, Bangholme 6pm. For further details: Bethany Campbell on 0433 417 383.

City of Kingston - Vacation Care Program
Enrolments start Monday 2nd March and close Friday 20th March 2015. For further details phone Vacation Care Team on 03)9581 4846 or visit www.kingston.vic.gov.au

MILO T20 Blast - Cricket (Come & Try For Free Session)
Friday 27th February 5pm - 6.30pm at Chelsea Recreation Reserve (Beardsworth Avenue). For further details go to www.t20blast.com.au or contact Kirsty on 0408 524 507.
COMMUNITY NEWS

MUSIC LESSONS
✓ Guitar
✓ Piano / Keys
✓ Drums
✓ Bass
✓ Song-Writing
AND MORE!

Ideal for all
beginner to beyond

FULL DETAILS @
chelseamusic.com.au
WHERE CREATIVITY HAPPENS

COMMUNITY NEWS

Violin Lessons!
Beginner to 1st Grade

Teaching the very basics of Violin and
Music up to the AMEB’s (Australian Music
Evaluation Board) 1st Grade in Violin.

Only $16 for Half an Hour!

For more information please contact
either or both:
Bay (mobile) - 0428 857 991
Amber (email) - amberj999@gmail.com

COMMUNITY NEWS

Self-development
through drama!
Boost your child’s
creativity, confidence and
communication skills.

Classes in Patterson Lakes
95306080
www.helenogrady.com.au

COMMUNITY NEWS

straight
orthodontics
health | harmony | confidence

45 Balcombe Rd, Mentone 9585 8600 straightorthodontics.com.au

Develop the confidence
of a winning smile

Take advantage of our free
initial visit and get some
professional advice from a
specialist orthodontist today.
No referral is necessary.

COMMUNITY NEWS

Sunday March 1st 9am-1pm

GARAGE
SALE

COSTUMES & PROPS
SOMETHING FOR EVERYONE
DANCE SCHOOLS, THEATRE GROUPS,
SCHOOL GROUPS, FANCY DRESS

6/272 Lower Dandenong Rd Mordialloc (Cnr De Havilland Rd)
Ph: 0414 628 096 email: tianiarobins@hotmail.com

COMMUNITY NEWS

Yoga
By the Bay @ Carrum LSC

Mondays 9:30am – 10:30am
(Commences 10th March)

Beginner to Intermediate

Phone Monica for details
0406 424 316